August 31, 2001

Camp Smedley D. Butler, Okinawa, Japan

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#### Most summer heat-related injuries can be prevented

With soaring temperatures, service members are more at risk for suffering heat injuries, but with precautionary measures such as replacing lost fluids and observing warning flags, most can enjoy a cool summer.

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NEWS

#### Marine bases receive communications upgrade

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#### Intelligence Marine finds adventure with LF CARAT

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## More service members eligible for WIC

#### Recent changes in the programs criteria mean more overseas military families qualify

PFC. MARK S. ALLEN

**CAMP FOSTER** — The Women, Infants, and Children Overseas program offers help with nutrition to eligible participants on Okinawa.

WIC provides pregnant or postpartum women, infants and children up to age five with nutritious food, nutrition counseling and education, nutrition/health screening and referrals to other agencies. Active-duty military members, Department of Defense employees, some civilians and their families are eligible for this program.

WIC also offers families checks that can be taken to the commissary to buy nutritious foods that are marked WIC approved.

There are about 20 different food packages that are designed for families with different needs. One of our nurses will sit down with mothers and children and decide which package is best for them," said Kathryn McDaniel, WIC regional manager, Camp Foster.

Everyone here is concerned with nutrition, and when a woman becomes pregnant it's important that she is aware of eating nutritiously," said Julie Williams, WIC nutrition counselor, Camp Foster.

People are far from home, and women are having babies without their mothers and grandmothers for help. We have time to talk to people. I want people to come to us because we have their nutrition and health at heart," McDaniel said.



Emily M. Bartz, team leader, WIC Overseas office, Camp Foster, explains the food ticket packets to Santina M. Guzman, mother of Teresa Guzman, 21 months, and Julya Guzman,

When a WIC nurse counsels mothers and children, they begin by discussing nutritional intake. From there the nurse gives advice and education on nutrition and healthy living.

"It's been researched and documented that people on WIC have a reduced chance of low birth weight," said

WIC originated in the United States in 1972, but did not come to Okinawa until Feb. 2001. In July, more families became eligible for this program because WIC began using the living expenses relative to Alaska as the standard for eligi-

**Using Alaska as the benchmark in**creases the eligibility for families on Okinawa because Alaska has a high cost of living.

'Eligibility is based on family size and income, but what I always tell people is to please call and check. Don't assume you're not eligible just because you have two working family members," McDaniel. "There's so much to do with nutrition that it's hard to stay on top of the information. That's our job.'

The WIC Overseas office is open Monday through Friday from 7:30 a.m. until 4:30 p.m. On Wednesdays the office stays open until 7 p.m. to accommodate individuals that work during the day

For more information on WIC, or to talk to a nutrition counselor, please call **645-WICO**.

### III MEF issues Labor Day weekend safety message

As we approach the Labor Day weekend, it is important that we all keep safety foremost in our thoughts. Labor Day is a well-deserved holiday for all U.S. service members to celebrate by relaxing with friends, while enjoying a period of rest. I want everyone to enjoy this time away from work. However, nothing can ruin a long weekend more than a death or serious accident of a member of the III MEF family. Remember to use operational risk management in all that you do. A few Labor Day tips include: stay hydrated, barbecue outside or in a wellventilated area, and obey surf and swim-

ming conditions. If you are going to drink alcohol, do not drive. Use a designated driver or take a taxi. Finally, use the buddy system. Marines and sailors take care of their own.

Further, I ask each of you to be aware that the Okinawan Festival of Obon takes place from Aug. 31 to Sept. 2 this year. Obon is the Buddhist festival during which memorial services are held for the family's ancestors. It is said that, during Obon, the ancestors' spirits return to this world to visit their relatives. Traditionally, lanterns are hung in front of houses to guide the ancestors' spirits back home. Food offerings are made at house altars and at temples, and special dances (Bon-Odori) are performed. At the end of the festival, floating lanterns are put on rivers and in seas to guide the ancestral spirits back to their spiritual world. This is a special and highly spiritual time for our host-nation friends. I expect each of you to respect this important holiday and to act accordingly. Enjoy the time off, and come back safely.

Lt. Gen Wallace C. Gregson Commanding General III Marine Expeditionary Force

Preserve our honor with your responsible conduct.

#### August 31, 2001 **Pkinawa**

## Okinawa heats up for service members

LANCE CPL. KENNETH L. HINSON COMBAT CORRESPONDENT

**CAMP FOSTER** — This August, service members experienced the hottest recorded month in more than 100 years on Okinawa.

Even though August is almost gone and September will bring cooler temperatures, service members still need to be proactive in preventing heat-related injuries.

A heat injury is the body's reaction when it is unable to regulate its temperature, according to Micromedex Healthcare Series, Navy Healthcare Database. Heat exhaustion, heat cramps and heat stroke remain the top three heat-related injuries for service members on Okinawa.

"Avoiding a heat injury involves understanding what causes heat injuries and how they can be prevented," said Petty Officer 1st Class Robert B. Bentley, hospital corpsman, Evans Medical Clinic. "It's a personal responsibility to take care of yourself to avoid becoming a casualty If you're not paying attention to your body, you're putting yourself at risk.

The two most common heat injuries, heat exhaustion and heat cramps, occur by excessive work or exercise in hot weather. The body sweats more than normal and looses too much salt and water, which causes the body temperature to rise.

Symptoms of heat cramps include painful muscle cramps and spasms. Dizziness, headaches, cold skin, upset stomach or vomiting usually indicate heat exhaustion.

heatstroke, inhibits the body's ability to cool itself. It involves the same symptoms as other injuries, but with no sweating and a body temperature of more than 104 degrees. Heatstroke can last up to two days and result in

"Immediate action is required if one feels he is suffering from any heat injury," Bentley said. "Don't waste time thinking nothing is wrong, even if you're in the best of shape.'

If heat injury symptoms occur, remove the person from the heated environment to a shady area and try to remove some of the person's clothing, according to Navy Healthcare Database. Hydrate the victim frequently to cool the body temperature, and seek immediate medical help.

Replacing lost fluids is paramount to avoiding heat related injuries. Optional fluids other than water, such as fruit juice and sports drinks are also recommended to balance key vitamins and electrolytes in a person's system, according to Bentley. Service members should replenish their bodies with fluid every hour when working in a heated environment. They should also try to limit their intake of alcohol because it dehydrates the body, Bentley added.

"One of the keys to avoiding heat injuries is hydration on a regular basis, before and during your activity," Bentley said. "If you're sweating a lot, you need to replenish the fluid in your body.

Bentley suggests staying out of direct sunlight, but if it is not possible, try and wear loose, light-colored clothing to

keep sunlight off the body. Service members should also avoid salt tablets and large meals because both can cause an upset stomach when combined with high temperatures and strenuous activity.

On Marine Corps bases, warning flags are displayed to indicate one of four weather conditions.

Condition four, a green flag, is flown during 80 to 84.9 degree temperatures. Heavy exercise should be conducted with caution during this condition. When the temperature reaches 85 to 87.9 degrees, a yellow flag is displayed to indicate condition three. During this flag condition, strenuous exercise such as marching and outdoor classes is suspended for non-acclimatized service members.

Temperatures of 88 to 89.9 degrees are labeled condition two and are represented by a red flag. Service members who have not acclimatized should not participate in any physical

training, and those adjusted to the weather should not exceed six hours of outdoor activity per day. Body armor and field packs will not be worn during this condition.

When the weather heats up to 90 degrees and above, a black flag is flown to indicate condition one, and outdoor physical activity stops for all units. This is the most severe of all the conditions, and all activities should be rescheduled

for a cooler part of the day. Service members on Okinawa need



Private First Class Tommie J. Sawyer, motor transportation operator, 3rd Transportation Support Battalion, 3rd Force Service Support Group, alerts service members that the weather is condition three by raising a yellow flag at the Headquarters and Service Battalion building, Camp Foster.

to take heat conditions seriously if they are going to continue activity.

Even though service members are known to be in shape, they are still at risk of Okinawa's heat," Bentley con-cluded. "Because our mission is essential, we cannot afford to lose one service member to the Okinawa heat.

For more information regarding heat related injuries or to report a heat injury, contact Evans Medical Clinic at 645-7372, or contact the U.S. Naval Hospital at 643-7509.

## Safety Division informs Marines about chemicals

PFC. MARK S. ALLEN COMBAT CORRESPONDENT

**CAMP FOSTER** — The Marine Corps Base Safety Division gave its bimonthly Hazardous Communication class to hazardous materials supervisors Aug.

The Hazardous Communication law, also referred to as "The right to know" law, makes the class mandatory for all personnel that use hazardous materials.

The class informs unit supervisors of the dangers of hazardous materials because they have the responsibility to ensure their workers have an understanding of the chemicals they work with. The class also provides information on the handling of dangerous materials and proper protocol during an accident with hazardous materials.

We can give the training, but ultimately it's the responsibility of the person supervising to show his workers the dangers of the hazardous materials they use," said Rickey M. Payne, hazardous communication instructor, MCB Safety Division.

The class also explains the Material Safety Data Sheet, which is a list of information and characteristics of a chemical that could be anywhere from a couple of pages to around 20 pages.

The MSDS also informs the user of possible dangerous reactions of the chemical and lets the user know how to act in case of accidents. According to law, there must be an MSDS for all hazardous



Many household cleaning items become toxic when mixed. Marine Corps Base Safety Division gives a bimonthly Hazard Communication class dedicated to educating individuals on hazardous materials

materials on site.

The MSDS is an intricate and intimidating background of chemicals, and if the supervisor isn't comfortable with it then you could bet his workers aren't," Payne said.
Corporal Rafael Ortiz, safety hazardous ma-

terial noncommissioned officer, Materiel Readiness Battalion, 3rd Force Service Support Group, took the class because his supervisor is leaving soon.

This class is important for the safety of the Marines and to pass on the knowledge," Ortiz

"I honestly believe this information saves lives and saves people from becoming incapacitated from

exposure to hazardous materials," Payne said.
Besides providing education on hazardous materials, the MCB Safety Division is also responsible for inspecting and collecting data sheets on all materials dangerous to Marines.

One of the things we have to do is inform people of what hazardous material really is, Payne said. "If it's hazardous to your health, then it's an item of concern to me.

Hazardous materials could be anything from paints and thinners to common household cleaning chemicals.

Marines deal with dangerous materials on a daily basis and don't even know about them,' Payne said. "When Marines field day and use bleach and Ajax, it can be deadly. The two chemicals mixed together release chlorine gas. In an open bathroom, it will knock someone out. In a closed bathroom, it can kill. You could come home and find a Marine with his head in the toilet dead because he didn't know.

MCB Safety Division conducts the Hazardous Communication class bimonthly, and it is open to all service members islandwide. The Safety Division also has interpreters for any local nationals interested in taking the class.

For more information on hazardous materials, or to sign up for the next class, call 645-3806

## **Upgrade saves** time, money

COMBAT CORRESONDENT

**CAMP FOSTER** — A groundbreaking ceremony Aug. 20 began a \$57 million Base Telecommunications Infrastructure Upgrade for Marine Corps bases islandwide, Camp Fuji and Marine Corps Air Station

The year-long upgrade will provide cheaper, quicker telecommunication services such as Internet access, telephones and alarm systems to all facilities at the battalion level and higher.

As the forward deployed fifth element of the Marine Air-Ground Team, Marine Corps Bases Japan must be able to effectively support the Marine Corps and Navywarfighters. Creating a state-of-the-art, robust telecommunications network is essential for this mission. This project will improve telecommunications infrastructure and directly enhance the fleet units' command and control capabilities," said Col. Kenneth Dunn, Chief of Staff, Marine Corps Base.

The upgrade will include installing cable, giving telecommunication access to battalion level facilities; installing ducts that protect the cabling; and providing maintenance hole access to the underground ducts and cables. The installation of cables is not only for present facilities, but also for future building projects.

To replace failing cables, many roads are going to have to be closed for construction.

Master Sgt. Christopher J. Mommaerts, Base Telecommunications Infrastructure Upgrade project manager said, "The project is going to cause a little bit of chaos because to lay down the cables we're going to have to tear up some roads. It's going to be an incon-



Lance Cpl. Vinh N. Nguyen, cable splicer, G-6 Telephone Systems Branch, descends into a maintenance hole on Camp Foster. Work on maintenance holes will be a common sight on Okinawa throughout the next year as a telecommunication infrastructure upgrade takes place on military bases in the Pacific.

venience, but what people are going to have to understand is that it's to their benefit.

Saving money is another benefit of the project. Installing new telecommunication material cuts down on maintenance costs and money that is lost when sys-

tems go down due to aging cables.

"Some of the cable that's in the ground is 20 years old, and it's failing. This project is going to cut down cost on maintenance and cut cost on down time with telecommunications," Mommaerts said.

'Currently, the Navy and Marine Corps Internet cost to have one guy on the Internet is \$8,088 a year,' Mommaerts said. "This program is going to save \$3,500 to \$5,000 a year per user.

The Marine Corps, in conjunction with General Dynamics and American Engineering Corporation, plan on finishing the upgrade by September 2002.

This is a very aggressive project. Basically we're building a city in a year as far as telecommunications

## III MEF Band plays along during friendship concert

STAFF SGT. TIMOTHY A. STREATY COMBAT CORRESONDENT

**CAMP FOSTER** — The sound of orchestrated music was faintly heard coming from Bldg. 212 Friday during a mid-afternoon rehearsal with the III Marine Expeditionary Force Band and 1st Combined Brigade Band of the Japanese **Ground Self-Defense Force.** 

Both bands sat down for their first practice in preparation for the 6th Annual Friendship Through Music Concert scheduled tomorrow at the Okinawa

Members from both bands agreed that each year the event is highly anticipated not only for the final performance, but also for the chance to work together as a team of musicians.

"For the past six years we have worked together alongside them (1st Combined Brigade Band)," explained Owego, N.Y., native Gunnery Sgt. Steven B. Palinosky, musician, III MEF Band. "We look forward to the practices and working together. There is a slight age difference, and that adds an interesting dynamic to the relationship. They are generally older than the younger Marines we have here.

However, the age difference doesn't prevent the bands from learning, respecting and appreciating their concert

<sup>'</sup>It keeps you fresh," said Palinosky. "We have members that are really young and they learn by playing with seasoned



The III MEF Band performs for an audience during the III MEF Change of Command Ceremony July 31. The III MEF Band will perform with the 1st Combined Brigade Band of the Japanese Ground Self Defense Force Saturday at the Okinawa Civic Hall

musicians, who have developed their craft. Sometimes, they have no less than a decade worth of professional experience. On the other hand, those seasoned musicians get to witness a younger generation and a different culture play as

Despite any differences in culture or age, there is a common element that bonds the two ensemble bands.

You can put 20 different musicians together in the same room, and they can play as long as they can read music," said Palinosky, an Ithaca College graduate. "Music is the universal language."

When it comes to performing, artists sometimes interpret music and add their own style. The bands have to work through those small differences and practice together to fine-tune the song. Eventually the bands mesh, and they play as a team explained Palinosky.

'It is amazing how music is a universal language," agreed Lance Cpl. Justin W. Schmidt, trumpet player, III MEF Band. "I'm new to the band, but I was amazed how well we played together even though we didn't share the same

spoken language. We spoke through our instruments, not through words, and we were actually able to talk to each other.'

The opportunity to play with the 1st Combined Brigade Band is always welcomed by the members of the III MEF Band; however, there are other reasons to look forward to the event, according to their youngest member, 19-yearold Schmidt.

'I am ecstatic (about playing the concert)," said Schmidt. He admits he enjoys playing concerts though only hav-ing two months experience with III MEF Band. "It is a chance to sit down and play for the people. When we played at the Ginowan Convention Center, we played to the crowd," he said smiling. "When we played the song "Hana," which means flower, and Cpl. Wilson sang to them, the Okinawans loved it. It's cool. It's amazing the response we get from the audience.

'Not only are we there to play inspiring music for the audience, I believe we are here to get to know each other. We went to a lunch, had a picnic, played softball and had a gift exchange while we learned about our counterparts. This was a nice thing to be a part of the fellowship of these two bands," said Schmidt.

The bands will perform symphonicstyle jazz and popular music. Anyone interested in attending the free event can come to the Okinawa Civic Hall Saturday at 7 p.m. For more information call 645-3919.

## Bush nominates Myers, Pace for JCS

GERRY J. GILMORE

AMERICAN FORCES PRESS SERVICE

WASHINGTON — President Bush announced today his nomination of Air Force Gen. Richard B. Myers, 59, to become the 15th chairman of the Joint Chiefs of Staff.

Speaking to reporters at his ranch in Crawford, Texas, Bush added that Marine Corps Gen. Peter Pace, 55, would succeed Myers as vice chairman. The current JCS chairman, Army Gen. Henry H. Shelton, is slated to retire Sept. 30.

Choosing a new JCS chairman is "one of the most important appointments a president can make," Bush said. The Senate must confirm both nominations.

"Secretary (of Defense Donald) Rumsfeld and I thought long and hard about this important choice, and we enthusiastically agree that the right man to preserve the best traditions of our armed forces, while challenging them to innovate to meet the threats of the future, is Gen. Richard B. Myers," Bush said.

Bush called Myers, who has

Bush called Myers, who has served as vice chairman since March 2000, an officer "of steady resolve and determined leadership" who "understands that the strengths of America's armed forces are our people and our technological superiority.

"And, we must invest in both," he added.

Pace "represents a new generation of leadership and military thinking," Bush said, adding that he has spent "a substantial amount of time" working with both men and "is convinced they are the right people to lead our military into the future."

Currently the commander of U.S. Southern Command in Miami, Pace is the first Marine to serve as vice chairman of the Joint Chiefs.



Gen. Richard B. Myers

In making his announcements, Bush was accompanied by Rumsfeld, in Texas for force review and defense budget consultations, nominees Myers and Pace, and their wives.

The president has tasked DoD to transform the armed forces into "a 21st-century military that can deter aggression and help us extend peace" well into the new century, Rumsfeld said. That kind of change is difficult and "not undertaken lightly. It takes clarity of vision, and unity of purpose, and it takes leadership. Gen. Dick Myers is such a leader."

Myers was a fighter pilot in Vietnam, is a former commander of U.S. Space Command, and was the assistant to former JCS Chairman Army Gen. John Shalikashvili. Rumsfeld characterized Myers' military career as "the embodiment of the transformation with which he will be charged as chairman as the Joint Chiefs of Staff."

Pace, a former deputy commander of U.S. Forces Japan, has extensive experience, having served "from the jungles of southeast Asia to the streets of Mogadishu," Rumsfeld said.

"General Pace has fought the country's fights, small and large,



Gen. Peter Pace

and demonstrated an extraordinary capacity for leadership along the way," he added, noting that Pace's "background, expertise and insight" would complement Myers'.

Under the leadership of Myers and Pace "the men and women of the U.S. armed forces are in fine hands," Rumsfeld said.

The secretary also used the occasion to thank Shelton, the outgoing chairman, for "his outstanding and his courageous service" and professionalism.

Shelton himself noted in a Aug. 24 statement that he was pleased with Myers' and Pace's nominations, describing Myers as "a crucial and indispensable part of the national security team for the past two years," and praising Pace's "wide-ranging operational and joint experience."

Both nominees said being chosen humbled them. Myers noted that he had learned a great deal under Shelton's tutelage, adding he has "figuratively and literally enormous shoes to fill."

Pace said he and Myers "would work to take great care of the wonderful young men and women who serve this country in uniform."

### Gen. Pace's bio

General Peter Pace is currently serving as the commander in chief, U.S. Southern Command, Miami

General Pace received his commission in June 1967, following graduation from the United States Naval Academy

Upon completion of The Basic School, Quantico, Va., in 1968, he was assigned to the 2nd Battalion, 5th Marines, 1st Marine Division in the Republic of Vietnam, serving first as a rifle platoon leader and subsequently as assistant operations officer.

Returning from overseas in March 1969, he reported to Marine Barracks, Washington, D.C. During this tour, he served as head, Infantry Writer Unit, Marine Corps Institute; platoon leader, Guard Company; security detachment commander, Camp David; White House social aide; and platoon leader, Special Ceremonial Platoon.

Returning overseas in October 1972, he was assigned to the Security Element, Marine Aircraft Group-15, 1st Marine Aircraft Wing, Nam Phong, Thailand, where he served as operations officer and then executive officer.

In October 1976, he reported to the 1st Marine Division, Camp Pendleton, Calif., where he served as operations officer, 2nd Battalion, 5th Marines; executive officer, 3rd Battalion, 5th Marines; and division staff secretary.

Reassigned to the 1st Marine Division, Camp Pendleton, Gen. Pace served from June 1983 until June 1985, as commanding officer, 2nd Battalion, 1st Marines.

In June 1986, he was assigned to the Combined/Joint Staff in Seoul, Korea. He served as chief, Ground Forces Branch until April 1987, when he became executive officer to the Assistant Chief of Staff, C/J/G3, United Nations Command/Combined Forces Command/United States Forces Korea/Eighth United States Army

In August 1991, he was assigned duty as chief of staff, 2nd Marine Division, Camp Lejeune, N.C. During Feb. 1992, he was assigned duty as assistant division commander.

General Pace was advanced to major general on June 21,1994, and was assigned as the deputy commander/chief of staff, U.S. Forces, Japan.

On November 26, 1997 he assumed duties as commander, U.S. Marine Corps Forces Atlantic/Europe/South with headquarters in Norfolk, Va.; Stuttgart, Germany, and Miami.

### Kaneohe Bay K-9 unit helps search for missing man

LANCE CPL. LUIS R. AGOSTINI COMBAT CORRESPONDENT

# MCB HAWAII KANEOHE BAY, Hawaii — A missing man was found in the mangroves of Molokai by the Maui County Police Department with the help of two military working dog handlers from the Military Working Dog Section, Military Police Co., MCB Hawaii, Kaneohe Bay, and their two military work-

ing dogs the morning of Aug. 3.

Maui County Police Department officials had been conducting searches for the missing man since July

The MWD section received a request from the Maui County Police Department Aug. 2. Handlers Lance Cpl. James Davern and Lance Cpl. Dwayne Farris were sent with their MWDs. Britt and Roeska.

Farris were sent with their MWDs, Britt and Roeska.

The missing person was an older man who went on a walk and got lost. When the person was declared missing, local residents and officials came together and started a search.

The Maui County PD requested the presence of military working dogs, and the two lance corporals,

along with their military working dogs, were sent to the scene.

Davern, Farris and their dogs arrived on the island of Molokai Aug. 3 and began the search at about 8 a.m.

They started at a local church and made their way down several roads. The MWDs led the two Marines to mangroves.

Davern and Ferris then contacted the helicopter and informed the pilot that they could go no further. Within minutes, the helicopter pilot responded to the Marines, informing them that the body had been found in the mangrove.

The search was over at 9 a.m., the area was blocked off, and Maui County PD set up a crime scene.

They are not trained to find missing or dead persons, said Davern.

The two Marines and their dogs went above and beyond the call of duty.

"We went out there optimistic, but the man had been missing for over a month," said Farris. "We were surprised that our dogs had led us to the body that quickly. We're proud of them."



ANCE CPL. LUIS R AGOSTINI

Military Working Dog handlers Lance Cpl. James Davern and Lance Cpl. Dwayne Farris, along with their military working dogs, Britt and Roeska, assisted the Maui County Police Department in their search for a missing man in





The following are alcohol-related nonjudicial punishments for Aug. 19-26.

Underage drinking

A private first class with Materiel Readiness Battalion, 3rd Force Service Support Group, was found guilty at a battalion-level NJP of underage drinking. Punishment: forfeiture of \$584 pay per month for two months and restriction/extra duty for 45 days.

A lance corporal with 31st Marine Expeditionary Unit, III Marine Expeditionary Force, was found guilty at a battalion-level NJP of underage drinking. Punishment: reduction to E-2, forfeiture of \$584 pay per month for two months and restriction/extra duty for 60 days.

• Drunk and disorderly

A corporal with 7th Communication Battalion, III MEF, was found guilty at a company-level NJP of being drunk and disorderly. Punishment: forfeiture of \$350 pay for one month and restriction/extra duty for 14 days.

• Drunken operation of a vehicle

A corporal with 7th Comm. Bn., III MEF, was found guilty at a battalion-level NJP of drunken operation of a vehicle. Punishment: reduction to E-3, forfeiture of \$691 pay per month for two months and restriction/extra duties for 45 days.

Consumption of alcohol on Liberty Risk

A private first class with 31st MEU, III MEE, was found guilty at a company-level NJP of consuming alcohol while assigned to Class C Liberty Risk. Punishment: forfeiture of \$272 pay for one month and restriction/extra duties for 14 days.



A private first class with Headquarters Battalion, 3rd Marine Division, was convicted and sentenced at a general court-martial to 18 months confinement, total forfeiture of all pay and allowances, reduced to E-1 and awarded a bad conduct discharge for violation of Article 120, carnal knowledge, and one specification of Article 125, sodomy.

A lance corporal from Headquarters Bn., 3rd Mar. Div., was convicted at a special court-martial and sentenced to confinement for 180 days, given a bad conduct discharge and reduced to E-1 for violation of Article 80, attempt to purchase Ecstasy, a schedule I controlled substance, Article 81, conspiracy to purchase Ecstacy and Article 134, carrying a concealed weapon.

A lance corporal from 3rd Medical Battalion, 3rd Force Service Support Group, was convicted at a special court-martial and was awarded a bad conduct discharge, confinement for 120 days and reduced to E-1 for violation of Article 121, larceny, and Article 134, stealing mail.



• Usually a change in pick-up of personal property occurs due to a modification of orders or change of flight date. If this happens, bring a copy of the modification to the nearest TMO office, and ask to submit a change slip.



LANCE CPL. KENNETH L. HINSON

### Engineering a message

Corporal Ricardo R. Feliciano and Lance Cpl. James A. Gilligan, engineers, 9th Engineer Support Battalion, 3rd Force Service Support Group, admire the new sign at E. C. Killin Elementary School Aug. 27. Six Marines from 9th ESB designed and built the sign, which took less than a week to complete. By having the Marines build the sign, it helped the school's budget and community relations with the Marine Corps, according to Master Sgt. Glenn A. Tucker, S-3 chief, 9th ESB, 3rd FSSG.

### **COMMUNITY BRIEFS**

Navy golf tournament

The Navy Ball Committee Golf Tournament will be held Sept. 25 at the Banyan Tree Golf Course.

With a shotgun start at 6:30 a.m., the tournament will feature four-person team scrambles. Prizes will be awarded to those teams finishing in first, third and fifth place, and to the shot closest to the pin and longest drive. Prizes will be based on the number of participants.

Sign-ups are on first-come, first-serve basis.

For more information, call 634-6438 or e-mail *Paul.Rutkowski@kadena.af.mil.* 

### **Appliance repair closes**

The appliance repair concessionaire at Camp Foster ceased repair operations Aug. 18. Items are no longer being accepted for repair, and customers who have already submitted items for repair should pick them up as soon as possible.

Customers who own the following audio and video brand name items can have them repaired at the Post Exchange customer service areas: Aiwa, Compaq, Hitachi, Minolta, Pioneer, Sony, Bose, Denon, JVC, Panasonic, RCA, Yamaha, Canon, Hewlett-Packard, Kenwood, Pentax and Samsung.

Repairs not covered by manufacturer warranties may incur costs associated with the repairs.

For more information, call the Army and Air Force Exchange Service at 637-4320 or 645-7712.

#### Fund-raiser at Fieldhouse

A charity fund-raiser will be held 9 a.m. to 5 p.m. Sept. 15-16 at the Foster Fieldhouse.

Over 30 vendors will be on hand to offer goods such as furniture and jewelry. Food and drinks will also be available.

All proceeds will benefit Headquarters and Service Battalion, Marine Corps Base, the Camps Lester and Foster Association and the United Service Organization.

For more information, call Master Sgt. John T. Nichols at 645-3821 or Gunnery Sgt. Ellen P. Elkins at 645-3813.

#### **Tuition assistance**

The Navy/Marine Corps Relief Society will open registration for the Spouse Tuition Aid Program, a needbased program open to all Navy and Marine Corps spouses who will be attending undergraduate or graduate school on Okinawa, for Term II.

Applications can only be picked up from 9 a.m. to 1 p.m. Sept. 10-14 at the Camp Foster NMCRS office in Building 5674.

Please call 645-7808 for more information.

#### **Commander's Access Channel**

The below listed programs will be broadcast on MCCS Cable Channel 7 each day Sept. 1-7 at the times listed. Run times are listed in italics.

5 a.m.: 3rd Transportation Support Battalion at the Jungle Warfare Training Center 14:00 8 a.m.: "Your Corps" 28:00 8:30 a.m.: "Navy/Marine Corps News" 28:00 12 p.m.: 3rd TSB at JWTC 14:00 12:15 p.m.: "Making of Marines" 12:57 5 p.m.: "Making of Marines" 12:57 8 p.m.: "Your Corps" 28:00 8:30 p.m.: "Navy/Marine Corps News" 28:00

#### To submit a brief ...

Send an e-mail to editor@mcbbutler.usmc.mil or fax your request to 645-3803. The Okinawa Marine accepts briefs for non-profit organizations and groups only and they are run on a space-available and time-priority basis. Deadline for submitting briefs is noon every Friday and the Okinawa Marine reserves the right to edit all submitted material to fit space.

August 31, 2001

## Officer nonresident PME and paradigm shift



JAMES P. HOPKINS, COLONEL, USMC RET. REGIONAL COORDINATOR, MARINE CORPS UNIVERSITY, OKINAWA REGION

Two years ago, I sat in the Foster Theater to hear an address by our Commandant, Gen. James L. Jones, who was on his inaugural visit to the Western Pacific, one month after assuming office.

I expected the standard speech focusing on our heritage, ethos, the road map ahead, and wondered how he would approach his tenure differently from

his predecessor. General Jones didn't disappoint. In addition to the "vision," he talked about a variety of topics important to Marines. Remarkably, his second topic, after operating forces, was officer Professional Military Education and its importance to the health of the Marine Corps.

His remarks on PME were compelling, unique, and set the stage for a revolution in education as it concerns Marine officers. The point of my article is to talk about what has happened to PME since his visit. In a nutshell, here were his thoughts (now codified in ALMAR 497/99) at the time:

- Officers should complete their required PME as an enhancement for promotion.

Nonresident PME will be equal to resident for purposes of promotion and assignment because of the improvements in the quality of distance education.

Attendance at resident Career Level School and Intermediate Level School will be voluntary due to quality of life considerations and parity between nonresident and resident education.

- Career Level School and ILS will no longer have a formal board selection process.

The genesis of the Commandant's remarks were the profound realization that attendance at resident schools could affect family stability and quality of life since, after all, two permanent change of station moves are required within a year of attendance. There were many officers that simply did not want to go because of this reason, but knew it would be a career ender if they turned it down.

Additionally, the feeling was that the nonresident programs could improve their delivery method using lessons from the revolution in distance education that was sweeping society, thereby improving quality to the point where it approached parity with the resident school.

Concomitant with his remarks, Marine Corps University stood up its eighth school, the College of Continuing Education, whose mission was to create a distance education environment for Amphibious Warfare School and Command and Staff College that met the Commandant's philosophy.

The college immediately established a global "campus" comprised of eight satellite regions. It replaced the old do-it-yourself method with a seminar format using adjunct faculty to teach AWS and CSC nonresident programs, now called Distance Education Programs.

Additionally, a full range of academic and administrative services are available to students locally. These services, which include grading, proctoring, records management and database entry, were formerly associated with Marine Corps Institute, but now come under university control for officer PME.

The results have been astonishing and are a winwin for the Marine Corps. This year alone, 1,400 officers graduated from AWS and ČSC DEP. Contrast this to the 350 Marine officers that graduated in resident AWS/CSC programs and the conclusion is startling: There has been a profound paradigm shift in how PME is accomplished within the officer ranks. That is, officers are opting more and more to accomplish PME requirements via distance education. This means that DEP is more important than ever to the Marine Corps

This is a complete reversal of the situation from four years ago, when the diminished enthusiasm for nonresident PME was reflected in low participation and completion. An important innovation, using adjunct faculty to teach the material, plays a major part in the success of the program. Faculty are typically senior officers, lieutenant colonels or colonels, or civilian PhDs, who are highly qualified and approved by the university. Additionally, they must teach to university standards and quality.

Although we don't promote careerism, an important side benefit is improved competitiveness for promotion. Officers who complete their PME are selected at significantly higher rates than those who don't. The split between those who are complete and those who aren't will widen as more and more officers take advantage of DEP opportunities.

We have come a long way: PME enrollment and completions are up, and distance education is the preferred method of instruction by most officers. In this region 330 officers participated in 18 seminars last year. We graduated 120 officers June 5, with Lt. Gen. Wallace C. Gregson, Commanding General, III Marine Expeditionary Force, doing the honors. Graduates receive the same diploma as the resident school.

The Marine Corps has provided a wonderful and flexible program which is both customer and result oriented. So, please take advantage of it, for the good of the Corps.

## What Would You Do?

The following examination of leadership issues is not intended to present right or wrong answers. The goal is to provide a forum to encourage leadership discussions of challenging issues. Chaplain responses are designed to provide moral and ethical guidance. Questions, comments or ideas for a future scenario may be submitted to: editor@mcbbutler.usmc.mil

#### Stay or go

You are a lance corporal. A fellow lance corporal invites you out for the evening because he needs a liberty buddy. You agree, but the last time you guys went out, he ended up getting drunk, and you had to carry him back to the barracks. He promises to control his drinking.

Later on in the evening, he ends up really drunk, and when you tell him you want to go back to the barracks, he refuses. In fact, he says several times through the night that he is tired of you hanging around and will not go back with you. Both of you are aware of the buddy program.

What do you do?

#### What the Marines said

Sergeant with 3rd Force Service Support Group: I would stay with him and ensure he made it home safe, even though he didn't want me to stay. Marines do not leave each other behind.

Lance corporal with 1st Marine Aircraft Wing: There's no way I

could leave my fellow Marine when he is drunk. He could get in trouble, and I would be there to help.

Private first class with Marine Corps Base: I would just wait outside until he decided to go home. Maybe by then he would be sober enough to talk to, and we could make it back to the barracks.

Private first class with 1st MAW: I would leave him alone in the bar and keep an eye on him. I couldn't leave him because he's a Marine, and we don't do that.

#### What the Chaplain said

Chaplain: You should not leave this Marine no matter what. In every war, there are numerous stories that testify to Marines' stamina under fire, their ability to hold the units and their morale together or rally them at the critical moments, their willingness to risk themselves to save their men and their refusal to leave their men behind.

Someday, a lance corporal will become a noncommissioned officer. It is these very qualities of character that makes an NCO of Marines. Because of this fact, the NCO represents a crucial vehicle for continuity and moral stability in the eyes of both his Marines and the officers. It is the NCO that they often seek out for advice.

The lance corporal may not thank you now, but he will thank you later. There is a familiar phrase used by the Marines, "We are a band of broth-' And if this is true, there is no way we leave our brothers when they need us the most.

- Navy Lt. Diedrick A. Graham, Chaplain, 3rd Materiel Readiness Battalion, 3rd FSSG



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> The address for the Okinawa Marine Homepage is: http://www.okinawa.usmc.mil



Pfc. Nathan Doorman, combat engineer, 9th ESB gets a helping hand from another competitor. Each participant had to make sure his belt was tied properly before entering the ring.



Okinawan participants knew many techniques to get their opponents down for points. One technique used was a leglock where an opponent would use his momentum and force his victim over a leg, sending him to the sand.



Mayor Katsuhiro

## Marines learn to throw their weight around

Story and photos by Sgt. Stephen L. Standifird

**KIN, Okinawa** – In a small round sand pit in front of 3,000 spectators, two muscle bound warriors dance in circles as they try to catch their opponent off guard and throw him down on his back.

The sport is sumo wrestling, and six Marines from Camp Hansen participated in the Okinawa Sumo Wrestling Tournament Aug. 18 during the 22nd annual Kin Town Festival.

When sumo wrestling is mentioned, most minds think of large men slapping bodies together by pushing and pulling their opponent out of the ring. However, in this style of sumo, it featured less hefty participants who try to pin their opponents on their backs to score points

Lance Cpl. John Reynolds, warehouse noncommissioned officer, A Co., 9th Engineer Support Battalion, 3rd Force Service Support Group, was one of the participants, and said it was not like the wrestling he did when he was in high school at Wills Point, Texas.

"It was definitely a different style than what I was used to," he said. "It has the same type of pin fall as the wrestling in high school, but you start out wrist-locked to their belt.'

Some of the Marines went into the competition with prior wrestling experience like Reynolds, but for them that wasn't enough against the bigger Okinawan wrestlers.

The largest Marine participating was the smallest competitor in the heavyweight class. Weighing only slightly more than 200 pounds, Lance Cpl. Kevin Williams, motor transport operator, Motor Transport Co., 7th Communications Bn. didn't let the fact that his opponent was almost double his weight

"I was pumped up with thoughts that I could win," he said. "I had a big adrenaline rush, and it made me think that even if I lost I would have put up a good fight. I think he weighed about twice as much as me, but that didn't change my attitude.

Outweighed, under-experienced and going in

with no knowledge of technique didn't stop the Marines from having a good time. All who participated said it was a fun and new experience that was good competition.

Reynolds said even though he watched and tried to pick up a few of the skills the Okinawan wrestlers used, it was difficult to utilize their skills against them.

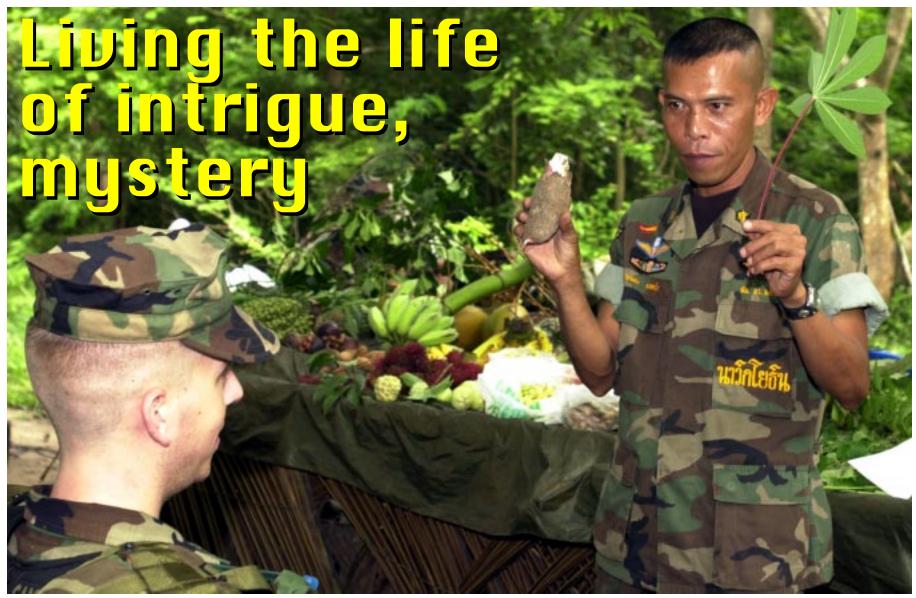
I didn't know the techniques or the style, but I concentrated on anticipating their moves," he said. "It's difficult to fully understand, especially since it was the first time wrestling like that."

Katsuhiro Yoshida, mayor of Kin said even though the Marines come out and beat the people of Kin in the tug-of-war, Kin residents would al-

ways have the upper hand in the sumo wrestling.
"Many wrestlers recognize the Marines strength, but we beat them on technique," he added. "I wish for all the participants to go back home to the States and remember their time sumo wrestling here forever.







PETTY OFFICER 1ST CLASS KEVIN H. TIERNEY
Lance Cpl. Connor M. Mahoney, with Landing Force CARAT, receives jungle survival training from a Royal Thai Marine as part of the seventh annual Cooperation Afloat Readiness and Training Exercise. CARAT is a series of bilateral exercises that take place throughout the Western Pacific each summer. It aims to increase regional cooperation and promote interoperability with each country. The countries participating in CARAT 01 are: Indonesia, Singapore, Philippines, Thailand, Malaysia and Brunei.

### Marine topographer fulfills dream by enlisting in the intelligence field

GUNNERY SGT. KENT P. FLORA COMBAT CORRESPONDENT

ABOARD THE USS RUSHMORE — If you have ever seen Sean Connery in action as Bond, James Bond—007, you have seen a secret agent, at least the Hollywood version, with deadly moves, lethal toys and a killer attitude toward accomplishing his missions. Whatever it takes, Bond seems to make it out alive every time, usually with a gorgeous woman at his side. The life of an agent or someone who deals with Top Secret information is filled with intrigue and mystery. C'mon guys, all of us of the male persuasion have wondered what it would be like to be a secret agent, right?

For one Marine, Lance Cpl. Connor M. Mahoney, the wondering became reality when he joined the Marine Corps two years ago. Although Mahoney admits that his job is not as a 'secret agent,' he finds his job fulfilling and a lot of fun.

"I thought my job in the intelligence field would be high-speed and full of intrigue," said the 20-year-old topographical intelligence specialist from 3rd Intelligence Battalion. "I was right, to some degree. I'm no James Bond, but my job is important because as a topographer (map maker), the data that I collect can shape the battlefield. I determine where certain types of vehicles can drive, where rivers can be traversed and the line of site for artillery. By doing my job correctly, I allow the commander a better view of the battlefield so he can employ his troops effectively.

Mahoney was one of approximately 400 Marines and Sailors assigned to Landing Force Cooperation Afloat Readiness and Training 2001, which set sail

The seventh annual exercise was part of a series

of bilateral training exercises between the U.S. and six Southeast Asian countries, in which Marines and Sailors trained with the military forces of Indonesia, Malaysia, Thailand, Singapore, the Philippines and Brunei.

CARAT 2001 demonstrated the U.S. commitment in Southeast Asia while increasing operational readiness and capabilities of U.S. forces. This exercise also promoted cooperation with other countries, which was mutually beneficial, and continued to build lasting working relationships, adding to the security and stability in the region.

The Marines assigned to LF CARAT, commanded by Lt. Col. Richard C. Adams, are from units in Okinawa, Hawaii, and

Mahoney, a native of Naperville, Ill., said he joined the Marine Corps because he was looking for direction, and he also

Twentynine Palms, Calif.

knew that college would have been a financial burden even if afforded the opportunity for scholarships. Although college would have probably been a reality for the former member of Mensa, he knew that, realistically, he wasn't ready for college.

"I would have seen more, done more and accomplished more in four years in the Marines than my friends have after four years of college, graduate of Waubonsie Valley High School. "I wanted to build my self-discipline and find a direction in my life before attending college and wasting time in a field that I had no future in. The Marine Corps has matured me, trained me, given me real world experience and directed my path to a job that I will continue, even after I do decide to leave the Marine Corps. Knowledge is only useful if given the opportunity to apply it, and I have.

The art history buff said that one of the benefits of his job is the traveling that he gets to do. Before

joining the Marines, Mahoney said the farthest he had traveled from his home was St. Louis, and now he relishes the fact of being stationed in Okinawa and being a part of the LF CARAT team.

While my high school friends are sitting in sophomore English class, I've been experiencing the people and culture of Okinawa, and now I've been afforded the opportunity of being on LF CARAT," said the 5-foot-10-inch, dark-haired, Mahoney, who admits to reading two to three books a week. "This type of experience is immeasurable and something that you cannot receive sitting in classes at a college or university. Although my friends back home have probably read Rudyard Kipling's novel, *Jungle Book*, they'd

never believe that I'm ex-"Knowledge is only useful if given the periencing it firsthand."

Mahonev is excite

Mahoney is excited about receiving the jungle training because it allows - Lance Cpl. Connor M. Mahoney him to build upon his survival skills, said Mahoney.

It has also strengthened his confidence level. Confidence is important in any career to become success-

opportunity to apply it and I have.."

One Marine who is impressed with Mahoney's performance is his supervisor, Gunnery Sgt. Jerry Hampton, LF CARAT intelligence chief and counter-intelligence specialist, III Marine Expeditionary Force, who likens Mahoney to the television character, MacGyver.

"I asked about getting a cell phone, and he said he could build one and explained how he could do it using computer parts, an Internet connection and a hand-held radio," said Hampton, an Asheville, N.C., native. "All I could think of was the television show (MacGyer) and laugh. He probably could do it; he is extremely smart and always looks for ways to do his job better. As his supervisor, I can't ask for any more than that. When he decides to leave the Corps, there is no doubt in my mind he'll be very successful because of his work ethic.'





As part of the mass casualties drill, the corpsmen were given hands-on experience with patients in the field hospital. Navy Lt. Eric Vinson, assistant battalion surgeon, Battalion Landing Team, 2nd Bn., 5th Marine Regiment, shows Seaman Kelly Nicholas, corpsman, C Co., 3rd Med. Bn. and Seaman Apprentice Samson Oluwole, corpsman, B Co., 3rd Med. Bn. how to treat a chest wound on Lance Cpl. Christopher Sorrow, infantryman, B Co., 1st Bn., 3rd Marines.

## Corpsmen train at Jungle Trauma Course

SGT. STEPHEN L. STANDIFIRD COMBAT CORRESPONDENT

**CAMP GONSALVES** — Deep within the jungle, with corpsmen at their heels, Marines advance toward a hidden bunker of enemy troops. The attack is on, and somewhere within the exchange of fire a Marine goes down. The call is made, and a corpsman rushes over to apply the first assessment of medical

As rain starts to fall hard and fast, the corpsmen attached to the Marine rifle squad take the victim down the now slippery path to the field hospital where doctors work to keep him alive.

This scenario was part of an eight-day Jungle Trauma Course at the Jungle Warfare Training Center where Marines and corpsmen from III Marine Expeditionary Force enhanced their field medical skills and applied them in the jungle.

We try to cover all aspects of jungle warfare from handling snakes to survival training and land navigation," said Petty Officer 1st Class Scott LaFountaine, independent duty corpsman, JWTC. "This gives them a chance to get hands-on experience in the jungle.'

The course begins with confidence building and overcoming some of the corpsmen's fears, such as the fear of heights, with rappelling and the rope sus-pension bridge. They also have land navigation and a mass casualties drill where the two days of classroom instruction comes into play, according to Chief Petty Officer Jack Bosma, 3rd Marine Division training chief.

We show them a small part of what this is really about, taking care of Marines in an expedient fashion," said Navy Lt. j.g. Shawn Wood, company commander, C Co., 3rd Medical Bn. "It shows that everyone has to deal with more than just patient care. It brings all aspects of being a corpsman from security to supply in a chaotic fashion."

During the mass casualties drill, corpsman use simunition, or 9mm paintball rounds, to provide realism. This gives the corpsmen the ability to assess wounds and use what they learned in the classroom in a more stressful, realistic environment, according to Navy Lt. Eric Vinson, assistant battalion surgeon, Battalion Landing Team, 2nd Bn., 5th Marine Regiment.

These corpsmen and Marines are the first line of response, and they need to get the wounded stabilized," Vinson added. "They are going through everything from how to approach a wounded Marine or Sailor and how to stabilize them to transporting them out of harms way"

In addition, the course has a two-day jungle survival course where the Sailors and Marines are sent into the jungle with only a knife and two canteens. They are required to find their own shelter, food and water. It serves as a confidence builder and environment familiarization, Vinson added.

At the end of the course, the corpsmen culminate

all the jungle skills to complete the endurance course. The endurance course spans 3.4 miles of treacherous jungle, which corpsmen have to negotiate while carrying a wounded Marine.

"Hopefully when they graduate, they do so with the knowledge and confidence to be able to brave whatever comes their way in the jungle," Vinson said. "More than anything it's a confidence booster and learning their job in whatever environment they are put in."

The Jungle Trauma Course developed over time from four days in the jungle to five when they added the land navigation portion. From there, it developed into seven days because they added rappelling and the endurance course, and now it is eight days with the jungle shooting and mass casualties drill.

The goal, according to Bosma, is to get every corpsman islandwide to go through this course. "This course ensures the students can fulfill the mission requirements in a combat environment," he said. "They can leave this training and say, 'Hey, I learned something.'

What they learn will vary with the individual participant in the course, whether it be a Marine or a corpsman, but Bosma said he hopes they all learn something about teamwork and their skills as corpsmen.

This course utilizes small unit leadership, teamwork, and it helps gain a knowledge and awareness of Marine unit tactics," he said. "It also gives them skills they can use in life, but most of all it gives them confidence in their skills as corpsmen.



Students at the 53rd Japan-America Student Conference taste the difference between the U.S. and Japanese cuisine during a reception at the consulate general's house Aug. 9.

## Okinawa hosts cultural discussion for students

College students from several countries gather to get a better understanding of U.S.-Japan issues

STORY AND PHOTOS BY PFC. JAMES S. MCGREGOR COMBAT CORRESPONDENT

**CAMP FOSTER** — College students from six countries attended the 53rd Japan-America Student Conference Aug. 9-12. The event was held at various spots islandwide as an opportunity to learn about different cultures and about the relationship between the U.S. and Japan.

One hundred thirteen students from the U.S., Japan, Taiwan, Singapore, Thailand and Ecuador gathered at the Globe and Anchor Club Aug. 9 for a student conference that kicked off the five-day event. The students had a chance to discuss important issues regarding multi-country relationships and experience their different cultures.

The students were chosen from a long list of applicants after applying for the five-day course. They each had to pass a written test and needed two recommendations from their instructors before they could be selected for this year's JASC.

"It was like applying for college," said Tina Chen, a business analyst who recently graduated from Harvard University.



Students watch a video at the Globe and Anchor Club during part of the conference

On the first day of the conference the students met at the Globe and Anchor Club where they discussed U.S. military bases issues on Okinawa and the relationship between the U.S. and Japan. The students were also given a tour of Kadena Air Base and invited to a reception hosted by the consulate general.

At the reception, the conference attendees discussed why this program is necessary to uphold the good relations between the U.S. and Japan.

The annual conference changes locations every

year, but always takes place in either the U.S. or Japan. This year the U.S. Embassy and the Japan Ministry of Foreign Affairs requested Okinawa to host the event, according to Stephen A. Town, deputy G-5, Headquarters and Service Battalion, Marine Corps Base.

"It's a chance for the students to get an understanding of each other's cultures," Town said. "This program is the best thing we can do for the future. The conference was a good way to educate young people about the two cultures, and it will be easier to work together in a crisis situation if we know each other's cultures."

According to most of the students, they said they learned a lot from their experiences at this year's conference.

"It's a good experience, useful for the future, and it's a good way to meet friends," said Atsushi Sasaki, a Japanese student attending Aoyama-Gahuin University in Kanagawa, Japan.

"It's great meeting people and going places," said Chen, who is a U.S. citizen with Taiwanese background. "It's very surreal, and it's good to get a last experience as a student where I can look at the issues from a student view."

"It's a real experience no one else gets," added Bernard Murray, a student at Howard University in Evanston, Ill. "It's a real culture opening, getting to be in Japan and being able to understand the country firsthand. There are no stereotypes here."



Lori Wilkerson, who took first place in the overall women's bodybuilding category, shows off her definition for the judges.

# **Bodybuilders flex for Far East title**

STORY AND PHOTOS BY PFC. MARK S. ALLEN COMBAT CORRESPONDENT

**CAMP FOSTER** — Bodybuilders and fitness competitors took part in the 6th Annual Far East Bodybuilding and Fitness Competition Aug. 12 at the Butler Theater.

The competition provided an opportunity for the athletes to display their hard work and encourage younger bodybuilders to train and compete.

"For the first time seeing a bodybuilding contest, it was very cool. It inspired me to stay fit and not do drugs or alcohol because I know those things won't get me in shape," said Vincent Hill, a student at Kubasaki High School.

The competitors were divided into their respective categories, such as women's fitness, women's bodybuilding, and men's bodybuilding. Within the divisions, the competitors were put into their weight class. Each first place winner went against the others for the overall division title.

The day's competition started with the women's fitness category. A panel of judges looked for tone, symmetry, endurance and flexibility.

"It's very hard work judging because I have to be very critical, but I get the opportunity to tell the competitors their strengths and weaknesses," said Donna Champion, one of the bodybuilding judges.

The women's fitness contestants performed a choreographed routine to the music of their choice, as well as pre-selected mandatory moves for the judges. The contestants had to incorporate splits, one-arm push-ups, and high kicks in their performance.

Bonnie Jean Valdez took first place in the women's fitness short class, outperforming second place Corry Matthews and Laura Ference, who finished third. The judges awarded first place to Shelly Howard in the overall fitness category and second place to Kathy Frietze in the tall class women's fitness category.

After the women's fitness competition, the women's bodybuilders took the stage. Judges looked for definition, mass, and body proportion. The bodybuilders also had a mandatory routine with predetermined flexes and poses.

"I pay attention to low body-fat, more of a v-shaped torso, defined quads, and I appreciate the truly massive bodies. I watch the super heavyweights when I go to competitions," said Aaron Maddron, a professional body builder and guest performer.

Lori Wilkerson flexed her way to first in the overall women's bodybuilding category over Cris Sullivan, who took first in the middleweight class.

"Once you've done it before, you get it in your blood. I just like to come out here and appreciate the training people have done," Wilkerson said.

After the women completed their categories, the male bodybuilders took the stage. Yoshinori Nakasone took first place with Katsutoshi Hokama taking second and George Franks taking third in the bantamweight class.

In the middleweight class, Akira Shiroma powered into first place while Fernando Forte took second and Kenny Walker received third.

In the final category, Arthur Lonzo Sadler Jr. walked away with first place in the heavyweight category while Johnny Miller flexed for second place and Jomo Young got third place. In the end, it was Chris Martin who was the Far East overall bodybuilding champion after finishing first in the men's lightweight class.

Martin trained for three years while many of his competitors trained for 10.

"I compete to show that as long as I believe in myself, and that the people who really count in my life believe in me, I can win," Wilkerson said.



### **Marine starts** own fishing club

Story and photo by Staff Sgt. Nathan L. Hanks, Jr.

MCAS Futenma — Sitting in a boat casting his hook, line and sinker into the still waters and catching a largemouth bass is what one Marine daydreams about.

For Anthony Kaylor, a sergeant with Marine Aerial Refueler Transport Squadron-152, Marine Aircraft Group-36, 1st Marine Aircraft Wing, fishing is not only a hobby, but also a way of life.

Kaylor, who has been a fisherman ever since he can remember, grew up in southern Alabama and learned to fish

from his parents. "I love to fish," Kaylor said. "I fish for both sport and relaxation, but mostly for relaxation. I am an obsessive fisherman; most would refer to me as a fanatic." As Kaylor was growing up, he dreamed of becoming a professional

Now, Kaylor is well on his way to meeting his goal. He is a lifetime member of Bass Anglers Sportsman Society and a member of the Associety and a member of ciation of Bass Professionals. With these two credentials he is eligible and well on his way to participat-ing in professional bass tourna-

"You have some people who want to be an astronaut and some who want to be a movie star," Kaylor said. "But, all I want to be is a professional bass

angler."

With the help of a few friends,
Kaylor decided to quit daydreaming and seek out places to freshwater fish in Okinawa.

After some research and investiga-After some research and investigative reconnaissance, Kaylor found out that almost all dams in Okinawa are off-limits to anglers. So far, only one allows bass fishing.

"We are currently looking for other places to fish," Kaylor said. "We are

just getting started, and we are taking it one day at a time."

But the idea of only one fishing hole did not stop his love for the sport.

"I wanted to start a bass club here because I was interested in bringing bass fishermen on Okinawa together for both friendship and to increase angling abilities," Kaylor said.

To start the Okinawa Bass Angler's

Club, Kaylor had to make contact with the right people. After several deadend phone calls, he contacted Marine Corps Community Services, which provided him with base orders and additional forms to make the club le-

gal.

After receiving all the information,
Kaylor and his other board members
started putting it all together. Once the
package was put together, and after a
couple revisions, it was sent up the
chain of command for approval.

Six months of hard work and dedication later, Okinawa Bass Angler's received final approval on June 28. "I never thought that I would be

president of my own club, much less here in Okinawa," Kaylor said. Since officially starting the club, Kaylor has received responses via e-mail from people around the United

"The responses we have received have been phenomenal," Kaylor said. "I had a guy from an Air Force base in Kentucky e-mail me about coming to Okinawa and wanting to join the club." "Everyone that myself or the other club officers have talked to about the organization want to know when and

organization want to know when and where they can go," he said. "Our goal is to provide a competitive fishing organization and learn more about the sport by sharpening personal skills through interaction with other anglers." other anglers.

Okinawa Bass Angler's is a private organization devoted to teaching people of all ages and nationalities about the great sport of bass fishing.

For more information, contact Kaylor through his website bassinkaylors.homestead.com/ OkinawaBassClub.html.

#### AUTOMOBILES/MOTORCYCLES

1990 Nissan Largo — JCI Oct. 02, \$1,200 OBO. 090-9487-3303 or 623-7312.

**1991 Toyota Corona** — JCI Jan. 02, \$1,800 0B0. 637-2088.

**1990 Nissan Presea** — JCI Nov. 01, \$600 OBO. 646-2503.

**1990 Nissan Sylvia** — JCI July 03, \$2,000. 646-3548.

**1995** Harley Super Glide — \$11,000 OBO. 090-3792-7660.

1993 Toyota Levin — JCI Aug. 03, \$2,850 0B0. 1989 Nissan

— JCI June 02, \$1,500. 1988 Toyota van — Aug. 03, \$2,500. 623-4231/7767 or 622-5101.

**2000 Harley Davidson Road King** — \$17,000. 622-8102.

**1990 Nissan Largo** — JCI April 03, \$1,500 OBO. 622-5136.

1998 YZ125 — \$3.000, 646-4291.

**1991 Mazda MX-3** — JCI Oct. 02, \$2,200 OBO. 636-4385/4438.

**1988 BMW 520i** — \$4,500 OBO. 646-4511.

**1990 Honda Integra** — JCI May 03, \$1,000 0B0. 646-4355.

**1991 Euros Presso** — JCI Nov. 01, \$2,400. 636-4438.

1994 Tovota ED - \$4,300, 646-6752.

1989 Toyota Exiv - JCI Oct. 02, \$1,600. 645-2918/17 daytime or 646-5445 or 636-4811 nighttime.

1991 Nissan Presen — JCI March 02, \$700 OBO. 623-6068.

**1988 Nissan Skyline** — JCl July 01, free. 636-5145.

**1995** Harley Super Glide — \$11,000. 090-3792-7660.

**1992 Honda Civic — JCI Feb. 02**, \$3,000 **0B0. 090-1943-2797**.

**1991 Nissan Skyline** — JCI Aug. 03, \$2,800 OBO. **1992 Honda Civic** — \$3,000 OBO. 646-6097.



#### MISCELLANEOUS

Misc. — Black lacquer china cabinet and dining room table with four chairs, \$650; majestic black lacquer curio, \$100; black and glass "panther" coffee table, \$150 OBO. 646-4511.

Misc. — 15-inch flat-screen monitor with built-in speakers, \$500 OBO; Hewlett Packard HP PSC 500 printer, scanner and copier with software, \$200 OBO. 090-1948-8955.

Misc. — Service A uniform, size 39 reg., \$30; NCO dress blue trousers, size 35 reg., \$15; "Unbreakable" DVD \$10; 27-inch Fisher TV \$100; Whirlpool dehumidifier, \$50; weight bench, \$25. 646-6975, leave message.

Electric pressure washer — 1400-psi adjustable sprayer, \$200, 646-4291.

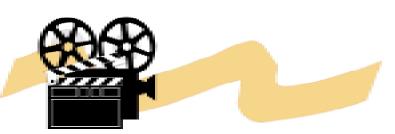
Misc. — Six piece, hunter green, living room set with couch, recliner, corner section, end tables and coffee table, \$500 OBO. 633-2777.

Modem — Palm V. brand new, unopened, still in shrink wrap. \$75. 646-6230.

Misc. — Bedroom set with double mirror with bookshelves. dresser, chest, nightstand, bookshelf and mirror headboard, \$350: queen-size bed with mattress, boxspring and frame. \$200; queen-size sheets, includes fitted, flat and pillow cases in solid blue (light or dark), solid pink, solid maroon and combination teal/mauve. 646-6967.

Ads appearing in the Okinawa Marine do so as a free service to active duty military, their dependents and DoD employees. Ads are restricted to personal property or service of incidental exchange. Ads run on a space-available basis and must be resubmitted each week. The deadline for ads is noon, Fridays, space permitting. The Okinawa Marine reserves the right to edit acts to the available strong. Please The Okinawa Marine reserves the right to edit ads to fit available space. Please include your name and the phone number you wish published. The Okinawa Marine makes every effort to ensure accuracy but assum s no responsibility for services offered in ads. Submit ads by faxing to 645-3803, Mon.-Fri., or send an e-mail to editor@mcbbutler.usmc.mil

### **Coming to a** theater near you ...

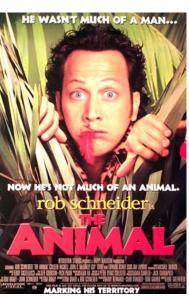


Feature programs and start times are subject to change without notice. Call theaters in advance to confirm showtimes. Second evening movies will vary when the program runs longer than 120 minutes.

	<b>Schwa</b> b	Mon	Closed	Sat	Closed
	(625-2333)	Tue	Closed	Sun	Closed
Fri	Bridget Jones's Diary (R); 7:00	Wed	Closed	Sun	Closed
Sat	Evolution (PG13); 6:00	Thu	Closed _	Mon	Closed
Sat	The Animal (PG13); 9:00		<b>Keystone</b>	Tue	Closed
Sun	Evolution (PG13); 3:00		(634-1869)	Wed	Closed
Sun	The Animal (PG13); 6:00	Fri	Planet of the Apes (PG13);	Thu	Clo <u>se</u> d _
Mon	American Outlaws (PG13);		6:30		<b>Futenma</b>
	7:00	Fri	American Outlaws (PG13);		(636-3890)
Tue	American Outlaws (PG13);		8:30	Fri	Moulin Rouge (PG13); 7:30
	7:00	Sat	Planet of the Apes (PG13);	Sat	The Animal (PG13); 6:00
Wed	Closed		1:00	Sun	Bridget Jones's Diary (R);
Thu	Driven (PG13); 7:00	Sat	American Outlaws (PG13);		6:00
	<b>Hansen</b>		5:30, 8:30	Mon	Rush Hour 2 (PG13); 7:30
	(623-4564)	Sun	Atlantis: The Lost Empire (PG);	Tue	Closed
Fri	Rush Hour 2 (PG13); 6:00,		2:00	Wed	American Pie 2 (R); 7:30
	9:00	Sun	American Outlaws (PG13);	Thu	Closed
Sat	Rush Hour 2 (PG13); 6:00,		5:30		<b>Kinser</b>
	9:00	Sun	Swordfish (R); 8:30		(637-2177)
Sun	Swordfish (R); 2:00, 5:30	Mon	Atlantis: The Lost Empire (PG);	Fri	The Animal (PG13); 7:00
Mon	A Knight's Tale (PG13); 7:00		7:00	Sat	Spy Kids (PG); 3:00
Tue	Angel Eyes (R); 7:00	Tue	Spy Kids (PG); 7:00	Sat	Atlantis: The Lost Empire
Wed	Evolution (PG13); 7:00	Wed	Swordfish (R); 7:00		(PG); 7:00,11:30
Thu	The Animal (PG13); 7:00	Thu	Swordfish (R); 7:00	Sun	Swordfish (R); 7:00
	Courtney		<b>Butler</b>	Mon	Closed
	(622-9616)		(645-3465)	Tue	Spy Kids (PG); 7:00
Fri	American Outlaws (PG13); 7:00	Fri	Closed	Wed	American Outlaws (PG13);
Sat	Closed	Fri	Closed		7:00
Sun	Closed	Sat	Closed	Thu	Swordfish (R); 7:00



Check Schwab, Courtney, **Keystone and Kinser Theaters** for show times.



Check Schwab, Hansen, **Courtney, Futenma and Kinser** Theaters for show times.



**Check Keystone and Kinser** Theaters for show times.

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**HAIRCUT** at your AAFES **Barber/Beauty Shop** 

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	(includes DDE/Havy durigeree oleaning)
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